



Spring 2026 Newsletter

In This Issue

- **This newsletter has updates for WIC participants, vendors, staff, and community partners.**
- Some sections may be just for one group. We are sharing everything so everyone can stay informed.
- Inside this issue:
 - National Nutrition Month – March 2026
 - New Nevada WIC Tools: The WIC Wayfinder and MyNevadaWIC Portal
 - Yogurt Update!
 - Easy Recipes Using WIC Foods
 - WIC Agency and Staff Spotlights
 - Final Food Rule Updates
 - Vendor Help: At the Cash Register

March: National Nutrition Month

- **Celebrate National Nutrition Month**
 - **Who this is for: Everyone (Participants, Vendors, Staff, Partners)**
 - Each March, we celebrate National Nutrition Month®. This campaign is led by the Academy of Nutrition and Dietetics.
 - This year's theme is Discover the Power of Nutrition. Healthy food helps families grow strong.
 - Find tips and tools at EatRight.org.



- **Nevada WIC Nutrition Speaker Series**
 - **Who this is for: WIC Staff**
 - WIC staff are invited to join our Nutrition Speaker Series.
 - Hear from nutrition and public health experts. Learn simple, practical tips to support families.
 - Each session counts as 1 hour of continuing education credit.

Coming Soon to Nevada WIC

- **Who is this for: Everyone (Participants, Staff, Vendors, Partners)**
- Nevada WIC is launching new tools and updates this spring. These changes will make it easier to use WIC benefits and services.

The WIC Wayfinder

A streamlined and simplified way for busy caretakers to find WIC-relevant nutrition information and resources to help them care for their families. Instead of sending caretakers down a rabbit hole of links, apps, tools, PDFs and printed materials, the WIC Wayfinder will make the nutrition and breastfeeding education experience tailored to the needs of the individual and provide information all in one central online hub. The WIC Wayfinder will also streamline clinic staff's ability to share nutrition and breastfeeding education resources based on the participants needs. Additionally, the WIC Wayfinder will provide nutrition resources in the top five languages used by NV WIC participants. This project is being funded by the USDA FNS WIC Modernization grant.

MyNevadaWIC Portal

- **Who is this for: Participants**

The MyNevadaWIC Portal is a new online website. New applicants can apply for WIC online. Current participants can check their food balance, request appointments, and find clinic contact information

Final Food Rules

- **Who is this for: Participants, Vendors, Staff**
- New WIC food rules start March 1
- These changes may affect the foods and benefits participants receive
- To see the updated food packages, visit Nevada WIC website or contact your local WIC Clinic.

Contact Us

- **Who is this for: Participants**
- Check your Balance or Reset your PIN: call 844-892-2932
- Message the State WIC Office: [Click Link](#) to send us a message
- Find your closest WIC Clinic: [Click Link](#) to find a clinic near you





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Nevada WIC



Participants





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Nevada WIC Benefit Highlight: Breastfeeding Assistance

- WIC is here to support your feeding goals. You may choose to breastfeed, pump, use formula, or do both. We will meet you where you are.
- If you qualify, Nevada WIC offers:
 - Breastfeeding education
 - Lactation support
 - Breast pumps and pump supplies at no cost
- To learn more, contact your local WIC clinic and ask if you qualify.



Yogurt Update



If you are buying non-fat yogurt along with other yogurts, **please scan the non-fat yogurt first at checkout** to prevent issues. Questions? Contact your WIC Clinic.



Many new tools are now available in Nevada WIC.

- **WIC Wayfinder** is coming soon. It will make it easier to find trusted nutrition tips and family resources.
- **MyNevadaWIC Portal** is your online clinic hub. You can apply for WIC, check your food balance, request appointments, and find clinic information.
- **Final Food Rule changes** started on March 1, 2026. You may notice changes to your food benefits. Visit the Nevada WIC website or contact your local clinic to learn more.
- On the next pages, you'll find easy recipes using WIC foods. Recipes were shared by Nevada WIC staff and WICHealth.org.

Food Packages found on our website





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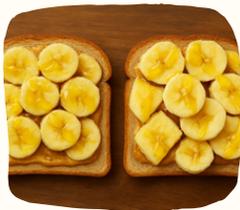
“Honey, I’m Home”

Prep/Cook Time: 5-10 minutes

Servings: 1

Ingredients

- ◆ 2 slices of Nature’s Own 100% Whole Wheat Bread with Honey
- ◆ Roughly 3 TBSP of Open Nature creamy (or crunchy) Almond Butter
- ◆ 1 banana, cut in slices
 - 2 TBSP of honey



Directions

1. Wash prep area and your hands.
2. Peel the banana and slice it into thin pieces*
3. On the two slices of bread, spread the almond butter equally on both sides.
4. Place the sliced bananas on the sliced bread
5. Drizzle honey** on top of your bananas and enjoy!

*For toddlers and children, cut the banana into smaller, non-circular shapes.

**Do not provide children under the age of 1 honey.

*Submitted by Gabryelle W.,
Program Officer 1 State WIC Office*

“Tom’s Beans”

Prep/Cook Time: 2 hours 30 minutes

Servings: 8-10

Ingredients

- 1 ½ lbs Lean ground beef
- ½ lb Bacon
- 1 Large can of pork and beans
- ◆ 1 Medium can of butter beans
- ◆ 1 Large can of kidney beans
- ½ cup Brown sugar
- ¼ cup Vinegar
- ¼ TSP Liquid smoke
- 1 cup Ketchup



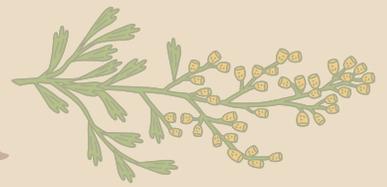
Directions

1. Wash prep area and your hands.
2. Cook the ground beef and bacon until brown (changes color)
3. Once bacon is done cooking and cooled, crumble it.
4. In a crockpot, bring together all of the listed ingredients and cook on high for 2 hours or longer.
5. This can also be cooked in a slow cooker on low for 4-6 hours

*Submitted by Theresa R., Admin. Assistant II
State WIC Office*

◆ = WIC Approved Product





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Cabbage Kimchi

Prep/Cook Time: 1 hour 45 minutes, varies
1-5-day fermentation Servings: 3-6

Ingredients

- ◆ 1 head of green cabbage (Napa Cabbage recommended)
- ¼ cup of salt
- Clean water
- ◆ 1 TBSP grated garlic
- ◆ 1 TSP grated ginger
- 1 TSP sugar
- 2 TBSP fish sauce
- 3 TBSP Korean red pepper powder/flakes (Gochugaru)



*Submitted by David R,
Health Program Specialist I,
State WIC Office*



Directions

1. Wash prep area, your hands, and any vegetables.
2. After washing the cabbage, cut it in half and removed the hard core. Slice the cabbage leaves into small strip sizes to your liking, around 2 inches is ideal for kimchi.
3. Place the sliced cabbage in a large bowl and sprinkle the salt through the cabbage, massaging the salt into the cabbage for about 3 minutes. Add enough clean water to the bowl until it covers the cabbage. Place a plate on top of the cabbage to keep it submerged. Let the cabbage stay submerged for about an hour to allow for the salt to remove some water from inside the cabbage.
4. Drain the water and rinse the cabbage in cold water for 3 minutes. Let the cabbage drain the excess water for 15 minutes.
5. In a separate bowl, mix the garlic, ginger, sugar, fish sauce, and red pepper powder/flakes until it becomes a smooth paste.
6. Give the cabbage a final squeeze to remove any remaining water. Mix the cabbage and the spice paste thoroughly until well incorporated. Be warned, the mixture may be a bit messy and smelly, but the results are worth it!
7. Grab some canning jars and pack in the kimchi! The red liquid is the brine, and it should float on top of the kimchi. Make sure the brine submerges the cabbage in the jar and close with the lid. Let it ferment in the kitchen area.
8. Each day, open the kimchi and taste. If the kimchi is to your liking, you can store it in the refridgerator. If you'd like a stonger taste, continue fermenting, but check each day. Do not ferment for more than 5 days.





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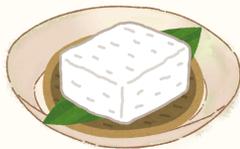
“Tofu Bowl”

Prep/Cook Time: 25-30 minutes

Servings: 4

Ingredients

- 1 TBSP flavorless oil
- ✦ 1 package (16oz) firm tofu, drained; crumbled or cubed based on preference
- ✦ 2 garlic cloves, minced
- ½ inch ginger root, peeled and minced
- 2 TBSP low-sodium soy sauce or to taste
- Crushed red pepper to taste (optional)
- Black pepper to taste (optional)
- ✦ 2 cups green cabbage, sliced
- ✦ 1 cup red cabbage, sliced
- ✦ ½ cup celery, sliced
- ✦ 2 carrots, peeled and shredded
- ✦ 2 green onions, thinly sliced
- ✦ Chopped cilantro, mint (for garnish), and sliced limes



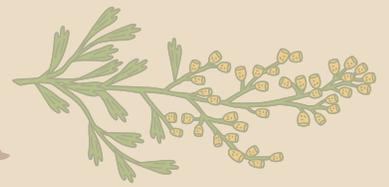
*Submitted by Jacquelyn B.,
Health Program Specialist 1
Breastfeeding Coordinator,
State WIC Office*

Directions

1. Wash prep area, your hands, and any vegetables
2. Heat oil in a large non-stick frying pan on medium-high heat. Once hot, add tofu and cook for 3-5 minutes, stirring as needed, until brown and crisp.
3. Add garlic and ginger, 1 tablespoon of soy sauce, and crushed red pepper (if using). Stir frequently and allow to cook an additional 3-4 minutes.
4. Add cabbage, carrots, and remaining 1 tablespoon of soy sauce. Stir well to combine and then cover and cook for 2-3 minutes until cabbage is tender. Add celery and stir well to combine.
5. Taste and adjust seasonings to personal preference.
6. Remove from heat, serve in bowls, and top with green onion, cilantro, mint and limes, if using.

Meal ideas:

- Serve over cooked brown rice or cauliflower rice for an additional serving of veggies.
- Offer meal with homemade peanut sauce for additional protein and flavor. (see below for recipe)



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“Easy Peanut Sauce”

Prep/Cook Time: 5 minutes

Servings: 4

Ingredients

- ★ ¼ cup peanut butter (can substitute for almond butter)
- ½ cup warm water
- ¼ TBSP soy sauce
- 2 TBSP rice vinegar or other available vinegars
- 4 TSP sugar

Directions

1. Combine ingredients and adjust seasonings as desired. Use immediately or place in a covered container in the fridge. May be stored up to 4 days.



Submitted by Jacquelyn B., Health Program Specialist 1 Breastfeeding Coordinator, State WIC Office

“Veggie Pizza”

Prep/Cook Time: 30-40 minutes

Servings: 4

Ingredients

- ★ 1 large onion
- ★ 2 bell peppers
- ★ 2 medium tomatoes
- ★ 8 ounces mushrooms
- ★ 6 ounces mozzarella cheese
- 1 tablespoon oil
- 1 frozen, refrigerated or whole wheat pizza dough (defrosted if frozen)
- cooking spray
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 1 can (8-ounces) tomato sauce no salt added

Directions

1. Wash prep area, all fresh produce and your hands. Preheat oven to 450° F.
2. Peel onion. Dice onion, peppers, and tomatoes into ½ inch pieces. Slice mushrooms ¼ inch thick.
3. Grate Cheese.
4. In a large skillet over medium-high heat, heat oil. Add onions, mushrooms, and peppers. Cook for 3 minutes.
5. Transferes vegetables to a colander. Stir in tomatoes. Let sit 3-5 minutes to drain excess liquid.
6. While veggies are draining, shape dough into a 12-inch pizza round. Use your fingers to stretch and spread the dough.
7. Coat a baking sheet with non-stick cooking spray. Place pizza dough in center of sheet.
8. Mix dried basil and dried oregano into tomato sauce. Spread a layer of sauce across dough.
9. Sprinkle cheese evenly across dough.
10. Bake pizza until cheese is melted and crust is browned on the sides and bottom, about 10 minutes. Remove from oven.
11. Add vegetable mixture. Return to oven and bake until pizza is cooked through, 5-10 minutes. Remove from oven.
12. Let rest for 2 minutes. Using a sharp knife, cut into 8 pieces.



Recipe from WIC Health.org



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Nevada WIC



Clinic Staff





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Celebrating National Nutrition Month: Nutrition Speaker Series for WIC Clinic Staff

March 4th, 9am-10am (PST)

Postpartum Mental Health with Brittany Flournoy, LCSW, CCM, PMH-C

With over a decade of experience supporting birthing people and families, Brittany Flournoy, LCSW-S, LICSW, CCM, PMH-C, is a perinatal mental health specialist, clinical supervisor, and maternal health advocate committed to advancing equity, dignity, and healing across systems of care.

Brittany has partnered with women, children, and families from diverse backgrounds, guiding them through life's transitions with compassion, clinical excellence, and cultural humility. Her work centers on dismantling structures that perpetuate harm and inequity in maternal health while cultivating spaces where birthing people are supported, seen, and empowered to thrive.

Through strategic partnerships with organizations, community groups, and institutions, Brittany designs and delivers innovative, trauma-informed, and culturally responsive training and programs aimed at reducing maternal mortality and morbidity locally and globally. She is currently a doctoral student at the Howard University School of Social Work in Washington, DC, where she advances research focused on addressing maternal health disparities within marginalized and historically oppressed communities. She earned her Master of Social Work from the University of Houston and holds a Perinatal Mental Health Certificate from Postpartum Support International.



March 11th, 9am-10am (PST)

Autism and Nutrition with Elisa Rocks, RDN

Elisa is a Registered Dietitian, a mom of 4, and an autism nutrition specialist. She runs a private practice where she helps children with autism to feel well so they can lead healthier, happier lives. Elisa also helps autism parents uncover the happier child that is buried under their symptoms.

Elisa received her Masters in Nutrition Sciences and Dietetics from Syracuse University. She is trained in the SOS Approach to Feeding Therapy, is a certified LEAP therapist and also supports hundreds of autism families through her work with the Autism Nutrition Collective.





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Celebrating National Nutrition Month: Nutrition Speaker Series for WIC Clinic Staff

March 18th, 9am-10am (PST)

Introducing Solids with Alex Turnbull, RDN

Alex Turnbull, RDN is a registered dietitian nutritionist and author of *The Baby Food Cookbook for First-Time Parents*, specializing in introducing solids and picky eating. She earned her degree in Dietetics from St. Catherine University and completed her dietetic internship at Iowa State University.

A nationally recognized media dietitian—and a mom herself—Alex blends evidence-based guidance with real-life experience, helping families feed their kids with confidence through a nutrition by addition approach where food is fun, not feared.



March 25th, 9am-10am (PST)

Gestational Diabetes and Nutrition with Lauren Newman, RD, LD, CDCES, CEDS

WIC Clinic Staff: If you'd like to attend any of these webinars, please reach out to the State Office Nutrition team.



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Nevada WIC Clinics

- Sun Valley**
 - Community Health Alliance #313
- Lemmon Valley**
 - Community Health Alliance #318
- Reno**
 - Community Health Alliance (#312, #315-317)
 - Northern Nevada Public Health (#301-302)
- Sparks**
 - Community Health Alliance #314
- Incline Village**
 - Northern Nevada Public Health #306
- Carson City**
 - Ron Wood Family Resource Center #423
 - Carson City Health and Human Services #455
- Gardnerville**
 - Carson City Health and Human Services #427
- Hawthorne**
 - Consolidated Agencies of Human Services #409
- Winnemucca**
 - Pershing County #422
- Elko**
 - Family Resource Center of Northeastern Nevada #417
- Battle Mountain**
 - Pershing County #403
- Lovelock**
 - Pershing County #421
- Fernley**
 - Lyon County Human Services WIC #424
- Fallon**
 - Pershing County #425
- Dayton**
 - Lyon County Human Services WIC #420
- Silver Springs**
 - Lyon County Human Services WIC #428
- Yerington**
 - Lyon County Human Services WIC #419
- Tonopah**
 - Nye County WIC #406
- Alamo/Caliente/ Ely**
 - Little Peoples Head Start WIC #413, #414, and #426
- Pahrump**
 - Nye County WIC #505
- Mesquite**
 - Sunrise Children's Foundation #504
- Las Vegas**
 - Catholic Charities #801
 - Nevada Health Centers WIC (#204-206, #208-209, #601-602)
 - St Rose WIC #721
 - Sunrise Children's Foundation (#501-503, #803)
 - Urban League WIC (#650-651)
- Henderson**
 - Catholic Charities #802
 - St Rose WIC #720
 - St Rose WIC #722



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Nevada WIC Clinic Updates and Spotlights

Catholic Charities of Southern Nevada (CCSN)

“We are pleased to share a recent highlight from our CCSN WIC program that reflects the power of community support and collaboration in strengthening the families we serve.

Thanks to the generous support from the Las Vegas Chapter of Speedway Children’s Charities, our program received a donation that will have a meaningful and lasting impact on CCSN WIC participants and their families. This contribution allows us to continue providing essential items such as car seats and strollers, helping ensure the safety, mobility, and well-being of infants and young children throughout our community. For many families, access to these resources can make a significant difference in their daily lives, offering peace of mind and promoting healthier starts for their children.

We would also like to extend our sincere appreciation to our CCSN Grant Team for their dedication and collaboration in securing this grant. Their efforts play a vital role in expanding our ability to meet the needs of our participants and strengthen the services we provide.

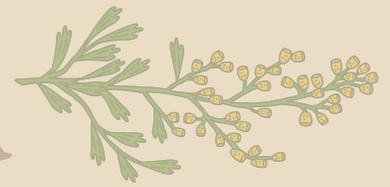
This support reinforces our mission to promote the health and well-being of infants and children.

This beautiful event was a heartfelt reflection of the strength and compassion of our community, brought to life through unity and a shared commitment to uplifting one another.

Through community partnership our collective efforts were able to spread joy and holiday cheer to 615 children from 214 CCSN WIC families, ensuring they received Christmas toys and gift cards during a season that holds deep meaning for families. From tiny infants just months old to children up to 12 years of age, each child was thoughtfully registered, seen, and celebrated, allowing Catholic Charities to support families at every stage of life.

This meaningful accomplishment for our WIC families was made possible through the dedication and collaboration with the CCSN Development Team, whose tireless efforts transformed generosity into moments of genuine happiness, comfort, and relief. Together, Catholic Charities created more than a holiday toy distribution—we created lasting memories filled with hope, warmth, and the reminder that our families are supported and valued long after the season ends.”





Spring 2026 Newsletter

Nevada WIC Clinic Updates and Spotlights

Lyon County WIC

In April, the Lyon County WIC staff will collaborate with agency staff and participate in community events for Child Abuse Prevention Month.

What is Child Abuse Prevention Month?

- During the month of April, Child Abuse Prevention is recognized to emphasize the importance of strengthening and supporting families to prevent child maltreatment by promoting their social and emotional well-being, (Preventchildabusenevada.org).
- Evidence suggests children’s early experiences shape their life- positively and negatively, (Preventchildabusenevada.org).
- Children brought up in safe, stable, and nurturing environments are more likely to excel academically and socially as well as maintain good physical and mental health, (Preventchildabusenevada.org).

For more resources, please visit the following:

[Child Abuse Prevention Resources](#)

[The Children's Cabinet](#)

Who are your Lyon County Staff?

Yerington

Address: 26 Nevin Way
Phone: 775-463-6583
MWF: 8am-4:30pm

Nutrition & Breastfeeding Educator:

Mirian Zarazua



Dayton

Address: 5 Pine Cone Rd,
Suite 103
Phone: 775-246-6326
MWF: 9am-4pm

Nutrition & Breastfeeding Educator:

Becky Boehner



Division Manager: Jenna Dykes

Phone: 775-577-5009
Supporting WIC and all Children's
Division programs for Lyon County



Silver Springs

Address: 620 Lake Ave
Phone: 775-577-0904
T,TH: 9am-3:30pm

WIC Supervisor: Kristy Barnett

Phone: 775-577-5009
Supporting WIC staff and participants
county wide

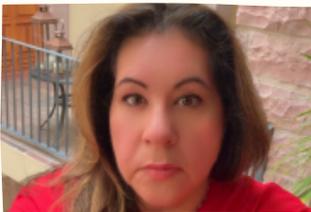


Fernley

Address: 105 Lois Lane
Phone: 775-575-1703
M-F: 8am-5pm

Nutrition & Breastfeeding Educator:

Elena Rodarte





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Nevada WIC Clinic Updates and Spotlights

Northern Nevada Public Health

WIC Grocery Store Tours in Washoe County

Program: NNPH WIC – Washoe County

Initiative: WIC Grocery Store Tours (GST)

“WIC staff often hear that participants have a hard time using their WIC benefits at the grocery store. Teaching in the office can help, but many people still need help while shopping. WIC participants shared that they felt confused about which foods were approved, how to use the shopper app, and how the WIC checkout process works. To help with these problems, NNPH WIC started offering grocery store tours.

In 2024, NNPH WIC staff worked with the Community Health Worker (CHW) to plan the tours. They talked with WIC programs who had similar services in other areas and made a plan based on common problems shared by participants. The program improved over time by trying different ideas, such as how often to hold tours, how to tell people about them, which stores and times worked best, and how many people should attend. Some early challenges included people not showing up, trouble getting to the store, and language needs. Tours are offered in English and Spanish, and Language Line was used for other languages when needed.

In fall 2024, WIC staff began referring participants to grocery store tours led by the CHW. The first tour was held in October 2024 with one participant. In 2025, the program changed based on participant feedback. Group tours were replaced with one-on-one tours so each person could get more help. Tours were scheduled at flexible times and offered at Reno Walmart, Reno WinCo, and Incline Village Raley’s.

One tour at the end of 2025 showed how helpful the program can be. A WIC participant, who is a mother with a 2-year-old daughter, shared that she had been on WIC since she was pregnant. She said she had not been able to use most of her benefits for almost three years because she did not understand the shopper app or how to use WIC at the store. During her one-on-one tour, the CHW helped her learn how to use the app and choose WIC-approved foods.

After the tour, she thanked the staff for the personal help. She also shared that her daughter enjoys WIC foods, especially fruit. This program shows how one-on-one support can help families feel confident, remove barriers, and use their WIC benefits successfully.”

When asked about her experience with the grocery store tour, she said:

“Me sentí muy Feliz porque nunca había podido usarlos.”

(“I felt very happy because I was never able to use them [the WIC benefits].”)





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Nevada WIC Vendor Updates

Vendor Updates

- **Who is this for: Vendors**
- **Welcome to our new WIC authorized stores:**
 - **Smith's**
 - #303- Henderson
 - **Smart & Final**
 - #350- Las Vegas
 - #352- Las Vegas
 - #379- Las Vegas
 - #442- North Las Vegas
 - #728- Las Vegas
 - #489- Las Vegas
 - #585- Reno
 - #744- Las Vegas
- **Troubleshooting at the Cash Register**
 - Sometimes WIC transactions fail at the register. This can be frustrating for both cashiers and customers. Common reasons include:
 - Too many PIN attempts
 - Items not mapped correctly (especially produce)
 - Insufficient benefits
 - Wrong item size
 - Tips for Cashiers:
 - Check the customer's balance before the purchase.
 - Make sure the item is on their WIC food package.
 - Check if the package size is correct.
 - Try the transaction again if it fails the first time.
 - If it still fails, kindly ask the customer to choose another item or pay with another method.
 - Extra Help:
 - The WICShopper App can scan barcodes to see if items are WIC-approved.
 - Customers can link their card to the app to check their benefits.
 - If a transaction still fails, customers can suspend the sale, step out of line, and call the state WIC office.
 - Collect item details (photo of label and UPC) and report issues using the "I couldn't buy this" button in the WICShopper App.



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Nevada WIC Vendor Updates

Vendor Updates

- **If this happens... Try this!**

Card won't read	If the POS system won't read the card when it's swiped, wait a few seconds and try again or hand key the 16-digit card number.
Invalid PIN or locked card	A card locks after 4 PIN errors. It unlocks at midnight, or the PIN can be reset. Refer the shopper to the 1-844 number on the back of the card for EBT Service.
Invalid or damaged card	Try the card again. If the error is repeated, refer the shopper to their clinic. A new card may be needed.
POS system is down	WIC cards cannot be used if systems are down. There is no offline option.
Other POS system issues	Call your manager or your POS service contact.
A void or reversal is needed after the transaction is complete	Items paid by WIC cannot be voided and returned to the WIC account once the final receipt prints. Refer the shopper to their WIC clinic or the state office number on the back of their card to answer any questions.
Over 50 items scanned	Void enough items to get the order below 50, then have the participant swipe their WIC card again and follow the prompts. Process the remaining items as a separate WIC purchase.

- **Common error codes for in-store transactions:**

- **106** – PIN tries exceeded
- **110** – Invalid amount field – This one occurs most frequently because the vendor's APL is out of date. For stores with an automatic download, ensure the download occurred and completed. Manually downloaded stores must download the most recent APL nightly. The other cause of this could be an unmapped produce item. Try running any Cash Value Benefit (CVB) items separately from the rest of the order. If the order goes through without the CVB items, it is likely that there's a produce item that is not mapped.

Yogurt Update



If you are buying non-fat yogurt along with other yogurts, **please scan the non-fat yogurt first at checkout** to prevent issues. Questions? Contact your WIC Clinic.

